

INQUIRY: THE HEART OF PERSONAL DISCOVERY

"Inquiry is a means of inviting our true nature which has much greater intelligence and awareness than our conscious mind will ever have — to reveal itself and guide us to a deeper understanding of reality and our own truth. True inquiry does not assume that one outcome, one experience, or one feeling state is better than any other at any given time. Inquiry invites whatever is here to show itself and reveal its truth. And each revelation, if allowed and held with respect and interest, will lead to understanding and revelation—and the further unfoldment of the soul."

-A. H. Almaas, Brilliancy

In this 6-week course, we will learn to look at our experience with fresh eyes. So much of what we are capable of sensing and capable of knowing is hidden from us by habitual ways of viewing ourselves and the world. When we can ground in the belly and trust in the responsiveness of our hearts, our minds can become servants to our unfoldment and our understanding becomes a reflection of our depth.

Noell Goldberg is a Diamond Approach Teacher seeing students in the NY and CT areas, as well as students living abroad.



DATES: Saturdays – Sept. 15, 22, Oct. 13, 27, Nov. 3, 24

TIME: 1-4 p.m.

LOCATION: Cornwall, NY in the Hudson Valley

COST: \$150. \$120 for registration before Sept. 1.

REGISTRATION and MORE INFORMATION: Contact Noell Goldberg – <u>noellgoldberg@gmail.com</u> 845-282-2289

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